



Houston **Bikeway** Program

# Bikeway News

Winter 2005

Volume 3, Issue 4

## New Cycling Instructors

Eight cyclists have been certified to teach bicycle safety in Houston by representatives of the League of American Bicyclists.

After completing the BikeEd-Road I course, an experienced cyclist qualifies to take the League Certified Instructor (LCI) certification course that prepares instructors to teach bicycle safety.

The BikeEd-Road I course is a 9-hour written instruction course on rules of the road, bicycle handling and bike mechanics. It also includes a practical component to put into practice better bike use and road sharing techniques. The LCI course is a 22-hour course conducted over three days by highly experienced urban cyclists.

The new instructors are:

Clark Martinson  
Dan Raine  
Scott Newsome  
Peter Wang  
Donny Sanders  
Herb Feins  
Steve Colvin  
Keith Mouton

*"Instructors"...Continued on page 3.*



Photo by Alex Rodriguez

*The Infrastructure Systems Incorporated dozer breaks ground on the Holly Hall Trail. The trail offers connections to existing bike routes on Ardmore, bike lanes on Cambridge, and Metro Rail on Fannin at Reliant Park.*

## Trails Break Ground in Houston

The time has come. If you were waiting for Houston to add more hike and bike trails to the bikeway network then you will be happy to know that 45 miles of new trails are breaking ground.

The first is the Holly Hall Trail, a 1-mile trail segment of the existing on-street Texas Medical Center/ Greenway Plaza/Galleria (TMC)

bikeway with a total 52 miles of bike lanes and bike routes. The Holly Hall Trail is a trail component connecting the existing Ardmore bike route, the Cambridge bike lanes, and the Metro

*"Trails"...Continued on page 4.*

### In this issue:

Trails Break Ground	1
New Cycling Instructors	1
New Faces - Volunteer	2
Trail Neighbors	2
Greenway Trails Map	3
Health Savings	4



Photo by L. Andre

*Bikeways volunteer, Alex Rodriguez.*

## New Faces - Volunteer

The Houston Bikeway Program has a new volunteer under the Mayor's Volunteer Initiatives Program. Alex Rodriguez is a senior at Bellaire High School and is volunteering to gain experience in public programs. He also receives class credit for his Business C I S Co-op class.

As a volunteer, Alex provides assistance with office support, report and data updates, document and graphic development, as well as event assistance. He was also the event photographer at the recent groundbreaking for the Holly Hall Trail.

This summer, Alex worked for a local energy company. He also has long-term experience volunteering for municipal programs, he is the son of Houston Bicycle-Pedestrian Coordinator Lilibeth André. This relationship has allowed Alex to count on a history of attending public programs and events since he was 2 years old.

After graduation, Alex plans to study business administration with a major in entrepreneurial business. His interests are Lacrosse, guitar, working out and chess.

## Trail Neighbors

The Holly Hall Trail exemplifies what the Houston bikeways offer: access to home, work, health, fitness, and entertainment. The trail also provides connectivity to multi-modal travel opportunities on the Metro Rail as well as connections to existing bike lanes and bike routes that tie to the Texas Medical Center, Hermann Park, Rice University, Texas Southern University and University of Houston.

Neighbors with direct access to the Holly Hall Trail attended the groundbreaking held on Saturday, October 29, 2005. These special guests were David Thompson representing Dr. Pepper; Suzanne Suarez for the Texas Medical Center; Brian Varnadoe for the

Houston Texans; Monica Rhodes for the South Main Alliance; and Laverne Stinnett of the Holly Hall Apartments.

Agency representatives at the event were Maureen Wakeland, from the Texas Department of Transportation; Gregory Paul with the Parks and Recreation Department; and Karen Marshall with the Metropolitan Transit Authority.

The Director of the Public Works and Engineering Department, Michael S. Marcotte, P. E., D. E. E., was the master of ceremonies. Guest speakers were Candyce Rylander with The Park People, Karen Marshall, and Houston Mayor Bill White.

See more on this event at [www.houstonbikeways.org](http://www.houstonbikeways.org) and click Events.



Photo by Alex Rodriguez

*Special guests attending the Holly Hall groundbreaking and The Park People's greenway and trails map unveiling: (l to r) David Thompson with Dr. Pepper; Brian Varnadoe with the Houston Texans; Suzanne Suarez with the Texas Medical Center; Monica Rhodes with the South Main Alliance; Karen Marshall with the Metropolitan Transit Authority; and Candyce Rylander with The Park People.*





Photo by Alex Rodriguez

Mayor Bill White unveils the new greenway and trails map prepared by The Park People with sponsor support.

## Greenway Trails Map

The Park People unveiled their new *Greenway Trails Map of the Greater Houston and Harris County* at the groundbreaking of the City's new Holly Hall Greenway Trail.

The map features parks, over 500 miles of greenways and off-street trails in the area and will be available to the public through the generous support of Academy Sports and Outdoors, H-E-B Grocery Company, and the George R. Brown Convention Center. The map was created with seed money from the Jacob and Terese Hershey Foundation and the Energy Corridor Management District.

Mapping for this project was developed by Peter Price, professor of geographic information systems at North Harris County Community College and his students.

The 500 miles of greenways and off-street trails featured in the map, together with the City of Houston's 280 miles of existing on-street bikeways, offer the Houston area many opportunities for walking and cycling.

For more information on The **Bikeway News**, Winter 2005

Park People's Greenway Trails Map of the Greater Houston and Harris County call (713) 942-PARK or visit them at [www.parkpeople.org](http://www.parkpeople.org). For information on Houston's Bikeway Network call (713) 837-0003 or visit [www.houstonbikeways.org](http://www.houstonbikeways.org).

The 500 miles of greenways and off-street trails featured in the Greenway Trails Map produced by The Park People, together with the City of Houston's 280 miles of existing on-street bikeways, offer Houston area residents many opportunities for walking and cycling.



Photo by Preston Tyree

LCI class and hands on instruction to prepare these experienced cyclists to teach bicycle safety. New League of American Bicyclists Certified Instructors below.



Photo by Preston Tyree

**"Instructors"...**Continued from page 1.

We congratulate these savvy cyclists and invite you to look for a road safety class near you. Road safety classes are recommended for anyone considering riding their bike in an urban setting, particularly if you are considering bicycle commuting as a transportation option.

For information on upcoming class schedules or if you are interested in becoming a certified League Instructor, visit [www.bikeleague.org](http://www.bikeleague.org), [www.bikehouston.org](http://www.bikehouston.org), or check with your neighborhood bike shop.



Photo by Preston Tyree



Rail at Reliant Park.

The trail is a 10-foot wide concrete path. The project includes standard lighting, crosswalks, pedestrian signals, lighting and native trees.

The Addicks Trail, a replacement trail for the removed bike lanes along Old Katy Road due to I-10 widening, also breaks ground this year. The trail is built by the Texas Department of Transportation and connects to the existing bike lanes on Dairy Ashford near Eldridge. The trail travels along the foot of the dam to Chatterton, where it connects to on-street bikeways and into existing and upcoming bikeways and extensions. The trail has two bicycle and pedestrian bridges.

The MKT/SP and the Columbia Tap, both Rails-to-Trails conversion projects, begin construction in 2006. The MKT/SP trail connects the network in the Heights and the Columbia Tap connects the Third Ward to the Texas Medical Center and Downtown. Both trails create a linear greenway with a hike and bike trail extending the existing bikeway network with more off-street bikeways.

The Heritage Corridor Segment I Trail extends the Heights trail



*Photo by Alex Rodriguez*

*Maps and bike safety information were available for guests at Holly Hall.*



*Photo by Alex Rodriguez*

*(l to r) Candyce Rylander, Terry Hershey, Peter Price, Karen Marshall, Mayor Bill White, Michael Marcotte, Harish Jajoo, Michael Phelps, Maureen Wakeland, Maher Saied (in background), and Woody Speer.*

connection to the University of Houston-Downtown to McKee Street at Buffalo Bayou.

The West Houston Trail extends from Terry Hershey Park to Buffalo Bayou and creates an on-street connection at Eldridge with the bike lanes on Enclave. Numerous bicycle and pedestrian projects by several organizations in the area are further enhancing bicycle and pedestrian options.

The Herman Brown Park Trail extension on the east side of the park extends the neighborhood connection to the existing trail system, and the Halls Bayou Trail from Hirsch to Bretshire, creates a greenway and trail along the bayou. These trails include bicycle/pedestrian bridges. The Halls Bayou Trail crosses the bayou on the east and west ends.

The well utilized downtown trail along Buffalo Bayou, between Shepherd and Sabine Street, will be rebuilt. This trail runs along Allen Parkway and Memorial Drive and connects to the Buffalo Bayou Sabine to Bagby Street Trail already under construction.

For information on the construction of other trails, visit [www.houstonbikeways.org](http://www.houstonbikeways.org).

## Health Savings

Physical inactivity is associated with annual health care costs of \$117 billion. A study showed that active individuals, 50 years and older, spent \$2,202 less in annual health care costs than an inactive peer.

Walking 15-20 minutes each day can help control weight gain, and weight loss reduces health risks.

It has been shown that access to places for physical activity, such as trails, and the awareness of these features, enhances their use. Having trails in a neighborhood increases walking and cycling rates.

Studies also show that the cost per capita for trails is \$209 with a medical cost savings of \$565.

*From the presentation by Huber, Michael R., Connecting the Dots, Linking Trails to Health Improvement. Mid America Trails and Greenways Conference, July 27, 2005.*

### City of Houston Bikeway Program

Bicycle-Pedestrian Coordinator  
Neighborhood Programs Engineering Section  
Public Works and Engineering Department

P. O. Box 1562  
Houston, Texas 77251  
(713) 837-0003  
(713) 837-7120 fax

[www.houstonbikeways.org](http://www.houstonbikeways.org)